



COACH & PARENT HANDBOOK

9U & 10U

Introduction

Firstly, Crossroads would like to thank you for volunteering your time to work with our kids. You are extremely important to us. Without you the recreational leagues would not be possible.

We are working tirelessly every year to find ways to aid you throughout the year. Hopefully, what we implement will make the task at hand easier so you can get the most out of the experience.

This booklet will give an overview of everything you need to know for the coming season. The booklet will include:

- Age-Group Focus
- Needs for the Year
- Small-Sided games
- Laws of the Game
- CSA Office Information
- Session Plans

Thanks again for your generosity and time given to the players of Crossroads and we wish you all the best for the coming season.

Age-Group Characteristics

- Lengthened attention span
- Starting to appreciate sequence of actions
- Beginning to enjoy the game, not just playing
- Players beginning to develop self-responsibility – give them homework.
- Still in motion, but not as busy. Can tolerate short interruptions in play.
- Psychologically becoming more firm. Peer pressure begins to develop.
- Boys and girls beginning to develop separately, girls at a faster pace
- Overall and small motor skills becoming much more refined
- This is a crucial age for technical skill development.
- Prefer balls and equipment with team identification
- Pace factor becoming developed - beginning to think ahead.
- Are far more team oriented and begin to identify with their team and their coach
- Starting – for the first time – to recognize very basic tactical concepts

Age-Group Focus

- Have Fun (players, coaches, parents);
- Encourage players to share the ball (i.e., pass and move to open space to receive a pass);
- Work on intermediate skills and basic tactics;
- Use individual and small group activities to stress cooperation in achieving progress and goals;
- Creativity with the ball;

- Increase the individual player's technical confidence on the ball with both feet;
- Develop good training habits (personal best);
- Make training fun yet competitive;
- Dribbling with all part of foot in order to develop the core function for skill;
- Finishing at all angles under pressure;
- Role of first attacker and defender;
- Defending - lose the ball win it back quickly; everyone defends;
- Attacking - how to transition and everyone attacks

Needs for the Year

CSA want both coach and players to be prepared correctly for the coming season. The list below shows what you will need for the soccer season:

Coach

- **2 Coaches** – Make practice and games to run efficiently. You can get away with 1.
- **Cones** - Provided by CSA to help set-up practices for your team.
- **Scrimmage Vests/Pinnies/Bibs** - Provided by CSA to help with practices.
- **Lessons Plans** - CSA will provide session plan examples but the coach must plan something every week to aid the child's development and ensure they have fun!.

Players

- Size 4 Ball
- Shinguards
- Cleats
- Water
- Black Shorts
- Jersey and Socks - These will be provided by CSA to you to hand to your team.

Why Small-Sided Games?

At CSA, we adopt US Youth Soccer's small-sided games philosophy. Small-sided games are played on smaller fields and with fewer players than the traditional 11v11. Doing this has many benefits for our young soccer players:

- More touches on the ball therefore become more skillful. (Individual Technical Development)
- More decisions to be made during a game, improving tactical development.
- Children are physically more efficient in smaller spaces
- Children are actively involved for a longer period of time.
- More exposure to playing in both offensive and defensive situations.
- More opportunities to score goals and make saves (Pure excitement)
- Greater success rate for players

The small-sided environment is a developmentally appropriate environment for our young soccer players. The focus is on our young players in a FUN environment.

Laws of the Game

The Laws of the Game are slightly modified to fit the needs of the players at U9 and U10. Below is everything you need to know.

Field Dimensions: 65 x 45

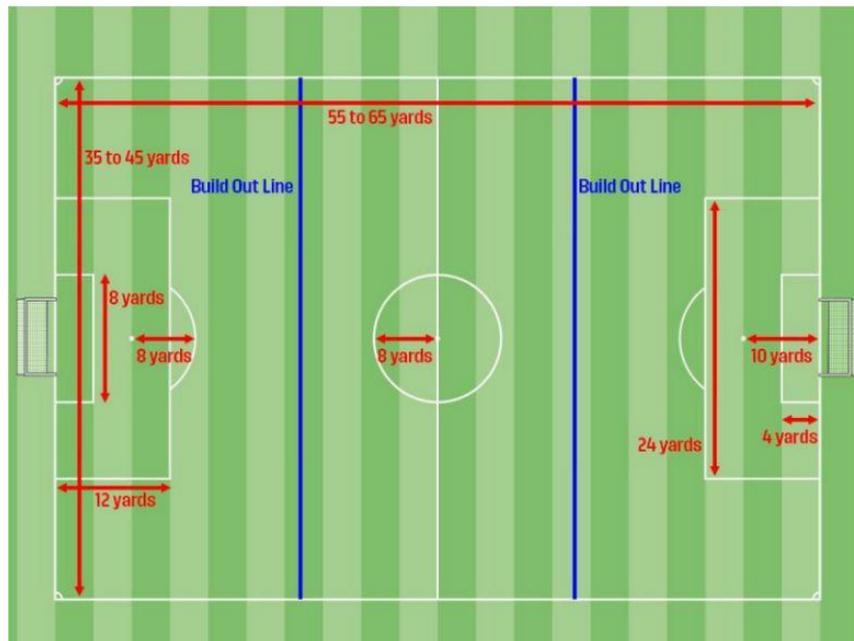
Number of players on a field: 7v7 (Goalkeepers included)

Ball Size: 4

Duration of the Match: 2 x 25 minutes (10 minute break)

Roster Size: Min = 8 Max = 14

Playing Time: Minimum of at least 50% playing time for each child.



Kick-Offs

A Kick-off is used to start the beginning of each half and after every goal.

The ball should be placed in the middle of the center circle on the halfway line.

The ball may be touched in any direction – the player making the first touch, may only take one touch (no dribbling directly from kickoff).

The defending players must be outside the radius of the center circle away from the ball until it is touched by the attacking team.

Throw – Ins

A throw-in is given when the ball is kicked/deflected out over the sideline. When taking the throw-in, the player's feet must remain on the floor. The ball must also come from behind the player's head. The player who throws the ball into play will not be able to touch the ball until another player on the field touches it first.

If a throw is performed incorrectly, the referee will instruct the player to re-take the throw. If player commits another "foul throw," a throw-in will be given to the other team.

Goal Kicks

A goal kick is given when the ball gets kicked/deflected out over the end line from the attacking team. It must be taken from anywhere inside the smaller goal box.

Opposition players must be behind the "build-out" line (new this season). This will allow the team with the ball to play an initial ball out of the back with no pressure – this will encourage our players to do something other than kick the ball as hard and as far as possible. By getting a chance to pass and receive the ball, we will be encouraging players to develop technical skills needed for long-term fun and success in soccer. Just like basketball players don't throw the ball as hard and as far as possible every time they touch a basketball, soccer is a game of intentional passing and dribbling (much more than kicking and running); we should be encouraging "dribbling" and "passing" more than "kicking."

Build Out Line

The build out line promotes playing the ball out of the back in a less pressured setting.

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play.

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed).

After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the goal box line closest to the spot of the punt.

Corner Kicks

A corner kick is given when the ball is kicked/deflected out over the end line from the defensive team. The ball must be placed within the arc in the corner of the field. The opposition must stand at least 4 yards away from the ball.

No Heading

There is no deliberate heading in these age groups. An intentional heading of the ball will be penalized with an indirect free kick. An indirect free kick requires two touches before a goal may be scored.

Fouls and Misconduct

No cautions or sending off shall be issued to players. If a child is being too rambunctious then it is up to the coach to take him/her to one side, calm him/her down and give instruction to what he/she is doing wrong.

If any foul is given, the referee will inform the player on why it was given so he/she can better learn the rules of the game.

Free Kicks

If a foul is committed, a free kick will be given at this age group. Free kicks may either be direct or indirect: direct free kicks only require one touch for a goal to be scored; indirect free kicks require two touches before a goal may be scored.

Players must stand at least 7 yards away from the ball.

The referee should inform the players why a free kick has been given.

Penalties

For infractions in the penalty area (the goal box), penalty kicks may be awarded at this age group (depending on the infraction). The ball will be placed 10 yards from the center of the goal. All players, apart from the penalty kick taker and goalkeeper, must be outside the penalty area.

CSA Office Information

Any Problems or concerns please do not be afraid to Contact Us. We are here to help you guys through the season to ensure you enjoy the experience as well as the young soccer players.

Below are all the Staff's e-mails:

Coordinator of Club Programs – Martin Iddon – martin@cenlasoccer.com

Recreational Commissioner – Martin Iddon – martin@cenlasoccer.com

Director of Operations – Jeremy Poklemba – director@cenlasoccer.com

The office is open all week, M-F between 10am -12pm, 1pm-5pm. Martin is available by appointment after these times between 6-8pm.